

## Year 7 PSCHE Lessons

As part of the PSCHE curriculum students are taught about a variety of personal, social, cultural and health related modules, as part of this they will consider health and wellbeing, relationships, fundamental British values and careers.

### **Half term 1- Health and wellbeing**

Lesson 1 – Friends (Key objective: To think about what friendship means and how to cope when friendship runs into problems)
Lesson 2 – Bullying (Key objective: To look at bullying, what it is, why it happens and how you can deal with it)
Lesson 3 - Cyber Bullying (Key objective: To know what cyber bullying is and how to be respectful of other people's feelings online)
Lesson 4 - Online Safety (Key objective: To know how to stay safe online and learn to recognise and avoid or deal with potentially dangerous situations online)
Lesson 5 - Keeping Healthy (Key objective: To explore the importance of sensible eating habits and exercise)
Lesson 6 - Keeping Clean (Key objective: To understand the importance of personal hygiene and know how to achieve it)
Lesson 7 - Assessment

### **Half term 2- Health and wellbeing**

Lesson 1 - Road Safety (Key objective: To learn to recognise and avoid or deal with potentially dangerous situations)
Lesson 2 - Managing your Money (Key objective: To learn how to manage your money responsibly)
Lesson 3 – Emergency (Key objective: To learn how to cope in an emergency)
Lesson 4 – Drugs (Key objective: To gain an awareness of the effects and risks associated with drug abuse)
Lesson 5 - Standing up for Yourself (Key objective: To examine smoking and practise the skills to make personal decisions about smoking)
Lesson 6 - Media Influence (Key objective: To become aware of the ways in which the media can influence young people's lives) <b>Road Safety Visit</b>
Lesson 7 – Praising (Key objective: To think about your own strengths and to learn how to give and accept praise) <b>Road Safety Visit</b>
Lesson 8 - Assessment

### **Half term 3- Relationships**

Lesson 1 – Families (Key objective: To look at different kinds of families, how they have changed and why we have them)
Lesson 2 - Family Pressures (Key objective: To look at ways of dealing with problems in the family.)
Lesson 3 - Change and Loss (Key objective: To explore change and loss, and the emotions these can cause)

Lesson 4 - Life changes (Key objective: To think about major and minor life changes and how we respond to them)

Lesson 5 - Personal Conflict (Key objective: To explore negotiation and compromise as tools for solving conflict)

Lesson 6 - Assessment

#### Half term 4- Fundamental British Values

Lesson 1 - Respecting others (Key objective: To consider the differences between people and learn how to respect those differences)

Lesson 2 - Whose problem (Key objective: To consider the problems faced by people with special needs and learn to see things from their point of view)

Lesson 3 - Different lifestyles (Key objective: To learn to respect differences around us)

Lesson 4 - Multicultural community (Key objective: To explore what it means to live in a multicultural society)

Lesson 5 - Assessment

#### Half term 5- Fundamental British Values

Lesson 1 - Rules to live by (Key objective: 1.To examine rules at home and in school 2. To understand the reasons for rules in society)

Lesson 2 - Lying, Cheating Stealing (Key objective: To explore the implications of antisocial behaviour at personal, local and national levels)

Lesson 3 - Rights and responsibilities (Key objective: 1.To look at the meaning of rights and responsibilities 2. To find out about some of the groups who work to protect people's rights.)

Lesson 4 - Young people and the law (Key objective: To learn about laws affecting young people and think about the effect that those laws have on society)

Lesson 5 - Young offenders (Key objective: To gain an understanding of what 'criminal responsibility' means and explore some of the problems of youth offences)

Lesson 6 - Assessment

#### Half term 6- Careers

Lesson 1 – Careers ideas (Key objective: Be able to relate job opportunities to personal skills, strengths and aptitudes)

Lesson 2 - Careers ideas (Key objective: Be able to relate job opportunities to personal skills, strengths and aptitudes)

Lesson 3 - Careers ideas (Key objective: Be able to relate job opportunities to personal skills, strengths and aptitudes)

Lesson 4 - Job sectors (Key Objective: Explore and understand how skills and technology link to future careers and job sectors)

Lesson 5 – Job sectors (Key Objective: Explore and understand how skills and technology link to future careers and job sectors)

Lesson 6 - Job sectors (Key Objective: Explore and understand how skills and technology link to future careers and job sectors)

Lesson 7 - Assessment